

Lesson 1: Introduction to Wellness

Use the arrows at the top right of your page to navigate through your learning.



Preparing for Your Course

Before beginning this course, it's helpful to understand the resources within the content that can help you remember what you've learned and be ready for the exam. This page will give you an overview of how to prepare.

Quick Checks

link(https://courses.portal2learn.com/content/enforced/26585-HSE022_01_1/img/quickcheck.mp4)

Example of a Quick Check

Quick Checks are designed to test your understanding as you read the content. They aren't graded, so you can check your learning as you read and review them again before you take the exam.

Practices

link(https://courses.portal2learn.com/content/enforced/26585-HSE022_01_1/img/practice.mp4)

Example of a Practice

Practice exercises are an interactive way to help you put together everything you've learned in a lesson. Practices don't count toward your final grade, so you can use them to check your understanding as you learn and retake them to prepare for the exam.

Note-Taking

Written note-taking in your own handwriting is a proven way to retain more of what you've learned. As you read, take note of the Quick Checks and Practices, since the exam will likely ask you to recall these important concepts.

Review Flashcards

link(https://courses.portal2learn.com/content/enforced/26585-HSE022_01_1/img/flashcards.mp4)

Example of Flashcards

Flashcards appear at the end of each lesson to help you recall key terms and concepts. You can use them to quiz yourself after each lesson and again just before the exam.

☐ Before Your Exam

Before beginning the exam, consider reviewing the Quick Checks, Practices, Flashcards, and your notes. If you read all the content and use the resources outlined above, you'll be better prepared to take your exam. If you still have questions, contact your instructor before beginning the assessment.

Lesson 1 Overview

Watch this video to learn more about what you'll be studying:

External Reference(<https://courses.portal2learn.com/d2l/common/dialogs/quickLink/quickLink.d2l?ou=27273&type=lti&rCode=ashworth-592940>)

Download transcript(this link opens in a new window/tab)
(http://lessons.pennfoster.com/savi/transcripts/VID00445_T.pdf).

□ Overview

This content is meant to introduce you to the concepts of health and wellness, the factors that contribute to it, and topics that you need to consider in accessing your own wellness. Throughout this course, you'll be presented with ways to increase your own personal wellness. Before you can start, you need to recognize and understand the different dimensions you'll be analyzing.

In your studies, you'll learn about the eight dimensions of wellness and the different factors that can affect your overall well-being. You'll learn more about how each dimension is interconnected, as well as factors of wellness both in and out of your control. Your content also gives an overview on the concepts of good and bad stress, as well as common stressors you may experience in your everyday lives.

Finally, you'll learn about developing S.M.A.R.T. goals and will have the opportunity to practice goal setting through the development of a personal wellness plan, which you'll create throughout this course and can take with you throughout your studies.

□ What You'll Learn in this Lesson:

- Explain the concepts of health and wellness, including the eight dimensions of wellness
- Identify factors that can affect your health and wellness
- Summarize the types of stress and impact of stress on well-being
- Identify strategies to enhance personal health and wellness

□ Lesson 1 Assignments:

Assignment	Format	Grading Percent
Reflection: Your Eight Dimensions of Wellness	Writing Prompt	Ungraded
Section 1 Practice	Multiple-Choice Questions with Feedback	Ungraded
Section 2 Practice	Multiple-Choice Questions with Feedback	Ungraded
Discussion: Identifying Your Stress	Written Response	Ungraded
Section 3 Practice	Multiple-Choice Questions with Feedback	Ungraded
Personal Wellness Plan	Workbook	Ungraded
Section 4 Practice	Multiple-Choice Questions with Feedback	Ungraded
Lesson 1 Exam	20 Multiple-Choice Questions	25% of your final course grade

Section 1: Overview of Health and Wellness



What does it mean to be “well”? In your studies, you’ll be introduced to the concepts of health and wellness, both their similarities and their differences. You’ll learn more about the eight dimensions of wellness and how each different dimension is interconnected. Once you have this base understanding, you can begin to reflect on your own level of fulfillment within each dimension.

Defining Health and Wellness



When you hear the words health and wellness, you may think that they're the same thing. Although they're similar, the concepts of health and wellness have some key differences.

Key Takeaways

- Health is generally considered as the absence of disease or injury, though the definition has been broadened to consider not only physical health, but mental and social health as well.
- Wellness is a comprehensive term that considers even more than just physical, mental, and social health. It looks at a person's whole situation and other dimensions.
- The eight dimensions of wellness include a comprehensive list of areas that need to flourish to be considered "well," beyond just physical, social, and mental dimensions.

What's Health?

When you hear the word "health," what comes to mind? You probably associate health with the absence of disease, or not being sick. This definition isn't technically wrong. However, the World Health Organization (WHO) defines health as "a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity."

This wider view of health considers not just physical health, but also mental health, relationships, and connections to others.

What's Wellness?

Similar to health, **wellness** is also a term that considers more than just one's physical health. Wellness involves living to your fullest potential and finding satisfaction in many areas, or dimensions, of life. This includes areas beyond your own person, and it takes into consideration a number of factors that surround you. You may not always realize it, but your unique situation in life contributes to your overall wellness. When you're talking about wellness, there are eight dimensions that are recognized to have an impact on someone's overall well-being.

These dimensions include:

1. Physical Wellness
2. Social Wellness
3. Mental/Emotional Wellness
4. Intellectual Wellness
5. Occupational Wellness
6. Spiritual Wellness
7. Financial Wellness
8. Environmental Wellness

✔ Quick Check

Which of the following statements is true?

Health and wellness are interchangeable terms that mean the exact same thing.

Health and wellness are similar terms, but wellness includes a more comprehensive definition.

Health and wellness are two completely different topics.

The Eight Dimensions of Wellness



Take a closer look at each dimension to gain a better understanding of what wellness in the different areas includes.

Physical Wellness

Physical wellness focuses on the development of positive habits that promote the physical health of the body.

This dimension includes areas of fitness and nutrition such as:

- Eating healthy and maintaining proper nutrition
- Keeping a balanced diet
- Drinking adequate amounts of water each day
- Participating in regular physical activity

Physical wellness also includes developing habits to ensure you get adequate sleep each night, taking steps to minimize your risk of injury, such as wearing a seatbelt in the car, and avoiding potentially harmful substances, including alcohol, tobacco, and drugs. Preventative health, such as going for an annual wellness exam with your physician and regular dental check-ups, is also an important aspect of the physical wellness dimension.

Social Wellness

Social wellness involves your ability to form and maintain healthy relationships with others. Participating in community activities, volunteering, spending quality time with others, and developing a support system are all ways you can increase your social wellness. An additional aspect of social wellness is the ability to respect, value, and care for others regardless of your differences.

Mental/Emotional Wellness

Mental or emotional wellness includes being aware of your emotions and how to express them to others. This dimension also includes the ability to cope with challenges in life, manage stress, and practice self-care. Taking responsibility for your behaviors, knowing when to seek support from others, and maintaining a positive outlook on life are all key components of emotional wellness.

Intellectual Wellness

Intellectual wellness focuses on keeping an active, curious mind by learning new skills, exploring different activities, and increasing your knowledge. There are many ways you can enhance your intellectual wellness, and taking new courses such as this one is a perfect example. Aside from education, ways to enhance intellectual wellness include reading, starting a new hobby, learning a different language, visiting museums or attending lectures, staying on top of current events, engaging in thoughtful conversations with others, and any other activity that challenges you to think critically.

Occupational Wellness

Occupational wellness relates to the satisfaction and meaning you find from your work, whether that be from employment in a paid job or volunteer work. Aspects of occupational wellness include how you get along with colleagues and supervisors, manage stressful situations, the value you place on contributions and accomplishments in the workplace, and your ability to find a balance between time spent at work and time spent enjoying other activities in life.

Spiritual Wellness

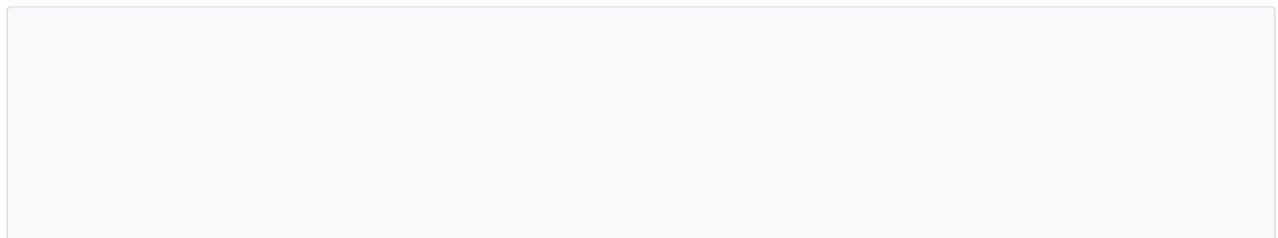
Spiritual wellness focuses on your ability to find meaning and purpose in life. While many individuals associate religion with spiritual wellness, wellness in this dimension isn't dependent upon religion. Key aspects of spiritual wellness include identifying your values and beliefs and using them to guide your daily activities and behaviors. Spiritual wellness also involves taking time to reflect on your beliefs, sharing your values with others, and being respectful of the beliefs of other individuals and groups.

Financial Wellness

Financial wellness pertains to how you manage your finances and set plans to accomplish financial related goals – both now and in planning for the future. Key aspects of financial wellness include creating and maintaining a budget, developing habits to save money for future needs, and limiting debt. You can take steps to enhance your financial wellness by creating a weekly budget, tracking your expenses, opening a savings account, and setting both short- and long-term financial goals. Developing positive habits in this dimension can help reduce feelings of stress when unexpected expenses arise.

Environmental Wellness

Environmental wellness focuses on taking positive steps to protect our planet and natural resources, as well as spending time enjoying the outdoors. Habits such as recycling, picking up litter, carpooling or using public transportation, minimizing air polluting, and taking steps to reduce your use of water and electricity are all ways you can support environmental wellness. You can also enhance your wellness in this area by participating in outdoor activities you find fun, such as hiking, camping, fishing, and visiting local parks.



External Reference(<https://www.youtube.com/embed/tDzQdRvLAfM?wmode=opaque>)

SAMHSA Eight Dimensions of Wellness

In this video, you'll learn more about the eight dimensions of health, as defined by the Substance Abuse and Mental Health Services Administration (SAMHSA). By better understanding and further exploring the eight dimensions of health, you can better understand practical strategies and ways to develop healthy habits that have a positive impact in your own life.

Length: 2 minutes 42 seconds

Connection Between the Dimensions

As you assess your wellness in each area, recognize that the dimensions of wellness are connected and interrelated to one another. As you grow in one area, this may lead to growth and development in another dimension of wellness as well. For example, if you're focused on improving your physical wellness by increasing activity and join a running club, this may also increase your social wellness as you meet new people and your level of environmental wellness as you spend more time outdoors.

It's important to note that not everyone will always excel in every area of wellness. When you look at your own wellness, you may notice that you're very strong in some areas, but not as strong in others. That doesn't necessarily mean you aren't well or healthy; it just depends on your specific situation.

Another key aspect of wellness is recognizing that your level of fulfillment in each dimension may change over time – they aren't static. Seasons of life may influence your growth in a specific area of life over others. For example, when you start a new job, you may experience an increase in occupational and intellectual wellness as you meet new colleagues, learn new skills, and take on challenging tasks.

A similar connection can be seen when you consider social, physical, and mental/emotional health. As you improve in one area of health, this may lead to growth and development in another area as well. For example, as you take steps to improve your physical health through eating healthy, being physically active, and getting enough sleep, this can lead to improved mental health by boosting self-esteem and self-confidence. The increase in self-esteem and self-confidence can help you form new relationships and connections with others, leading to improvements in social health. The cycle then continues, with improvements in one area of health building and strengthening the others.

✔ Quick Check

Tracey decided to join a hiking club. What two dimensions of wellness can this help Tracey improve upon?



Environmental and Financial



Social and Environmental



Social and Spiritual



Financial and Occupational

4. Reflection: Your Eight Dimensions of Wellness

<https://courses.portal2learn.com/d2l/common/dialogs/quickLink/quickLink.d2l?ou=27273&type=dropbox&rcode=ashworth-588511>

5. Practice: Understanding Health and Wellness

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Section 2: Factors Affecting Health and Wellness



Now, you'll learn about factors that can impact your health and wellness, such as heredity, culture, the environment, social influences, and lifestyle behaviors. You'll learn about these topics to gain a background understanding of what each factor entails. You'll use this knowledge later to look more closely at and access your own wellness. Being aware of the different factors that impact your wellness can help you create a wellness plan that meets your unique background, living situation, and lifestyle.

Influencing Factors on Health and Wellness

There are many factors that can positively or negatively impact your wellness. When you're considering your overall wellness, you need to recognize influences that come from heredity, culture, your physical environment, and your social environment. No single one of these factors can make or break your health. You may excel in some of these areas and lack in others, but the whole picture of these different landscapes contributes to your overall health and well-being.

Key Takeaways:

- Heredity refers to the genes you inherited from your family. Although this is out of your control, knowing about your family's medical history is important in disease prevention.
- Culture can influence your personal values, beliefs, and practices, impacting how you view healthcare and wellness.
- Environmental factors that can impact your health and wellness include pollution, access to health care and healthy food, and the safety of your community.
- Social influence, such as your family, friends, and the society you live in, can influence your lifestyle behaviors and impact wellness.

Heredity

Heredity refers to the genes you inherited from your family resulting in the characteristics and traits you have. Inherited characteristics can have either a positive or negative effect on your overall well-being. It's thought that genetics plays at least some influence in intellectual abilities. Some of these include the ability to reason, plan, and problem-solve. Heredity might also have influence on your overall IQ and how well you do academically. (However, intelligence is also heavily influenced by environmental factors, so your genes alone aren't the only factor to consider here.)

Heredity also strongly contributes to what illnesses or diseases you might be vulnerable to. Heart disease, high blood pressure, diabetes, and arthritis are just some examples of common, inherited genetic disorders. If any of your close family are diagnosed with these diseases, there's a higher probability that you might be too. But if you don't know anyone in your family that has these things, there's a decreased chance of you developing these issues.

While the genes you inherited are out of your control, having knowledge about your family's medical history and the occurrence of chronic diseases in your family is an important aspect of preventative health. For example, if you know that high cholesterol levels are common in your family, you can use this knowledge to adopt healthy lifestyle behaviors, such as diet and exercise, to help manage your personal cholesterol levels. So, while you can't control the genes you inherited, you can adopt behaviors to help prevent or control diseases you may be genetically more at risk of developing.

✔ Quick Check

If you're informed about your inherited qualities, it's easier to

completely cure any medical problems you may face.

accept that there's nothing you can do to prevent any issues that arise.

make informed decisions to help prevent or counteract your heredity.

Culture



The **culture** in which you were raised or associate with can influence and shape your personal values, beliefs, and practices. Your culture is often influenced by how you were raised and the decisions you made for yourself as you grew up. Your culture can include things like the language you speak, the foods you prefer to eat, and the traditions or religion you choose to practice. All of these things contribute to your identity—what makes you *you*.

Most of the factors are celebrated things that make you feel happy and fulfilled, which impacts your overall wellness. Your culture may also put some restrictions on activities you're allowed to participate in or the foods you can eat.

Some other common wellness behaviors that can be affected by culture include:

- The types of physical activity you participate in
- Your feelings regarding how and when to seek medical care for illnesses
- Perceptions related to body image and mental health concerns

Your culture can also heavily influence your overall views toward money, relationships, education, and career choices. With many factors to consider, you can easily see how your culture plays a huge role in overall wellness.

✔ Quick Check

David grew up in an Italian household. His favorite color is red, he likes to read, and his favorite food is lasagna. Which of these is a result of his culture?

Lasagna

Reading

The color red

Environment

The **environment**, or the surroundings in which you live, attend school, and go to work can impact your health, wellness, and lifestyle behaviors.

Consider these examples:

- If you live in an area that has poor air quality or water pollution, this can have a negative impact on your physical health.
- If you live in a neighborhood with an abundant amount of sidewalks or community parks, you may be more likely to go out for a walk or ride your bike, which increases your overall physical activity levels.

You can see how in either of these examples, there can be both positive and negative influences. The outcomes of these influences are often tied to what you have access to and what you don't have access to.

Other examples of environmental factors that can impact your health and wellness include:

- **Access to fresh food.** Are there grocery stores in your community to purchase fresh, healthy food from? Are the grocery stores reasonably priced? Is food availability limited to convenience stores, gas stations, and fast-food restaurants?
 - **Access to healthcare.** Is affordable health care available in your community? Do you have access to healthcare that supports mental health concerns?
 - **Access to a clean environment.** Are you at risk of exposure to secondhand smoke in the environments you spend more of your time in? Are your drinking water sources free of lead and other harmful chemicals? Are there any other pesticides or other harmful chemicals at home, the workplace, or in the community? Is the area where you live and work affected by smog?
 - **Access to a quiet and calming space.** Are you frequently exposed to noise from airplanes, traffic, trains, construction work, or loud music? Does the noise disrupt your sleep, ability to concentrate, or your stress levels?
 - **Access to safety and security.** Is it safe to go for walks and be active outdoors in the community or would this put you in danger or cause you anxiety?
-

✔ Quick Check

Which is *not* an example of an environmental factor that can impact health and wellness?

The types of food you like

Water pollution

Secondhand smoke

Social Influences



The relationships you have, people you spend time with, and society in which you live can also influence your wellness. Oftentimes, you may even find that you're picking up habits and behaviors from those you spend the most time with. If you're surrounded by people who you feel show you love, support, and encouragement and help model good lifestyle habits, you can say that you have a positive social environment. For example, if you regularly spend time with people who enjoy hiking, this can positively influence your level of physical activity. Maybe you have a friend or family member that acts as your study buddy. They can help you understand more difficult concepts, support you in your learning, and help keep you motivated and on track. All these positive social influences can help you succeed academically, which can have a large impact on your overall wellness.

Similarly, if you spend time with people who engage in unhealthy behaviors, such as smoking, you may be more likely to try those negative behaviors. A person who has a negative social environment may suffer from poor mental and emotional health.

Your social environment doesn't just stop at your family and friends. Your peers, colleagues, and other people in your community can have more impact on your wellness than you may realize. You may not be friendly with all of the people in these social spheres, so it's important to be aware of peer pressure and the impacts it may have on you. Choose friends who care about their health and yours and be mindful of those who may want to influence you negatively.

Social factors continue to extend even beyond people you know or acquaint yourself with. Societal views and influences also have both positive and negative impacts on your daily life. If you live in a society where most people walk or ride their bikes to work and you're able to do the same, you may be more likely to do so. This can lead to more regular exercise, which contributes to your physical health. If everyone drives their car, chances are you will too, which can contribute to more pollution, noise, and more time being sedentary.

✔ Quick Check

Which of the following is probably *not* considered a social factor that contributes to your wellness?

Your best friend

Your coworkers

Your mail carrier

Lifestyle Behaviors and Good Decision-Making

An important aspect of wellness is recognizing the responsibility you have in making choices that positively influence your wellness. While some factors that impact your wellness can't be helped, the decisions you make about your own life have a direct effect on your overall wellness. Similarly, how you choose to behave and the habits you develop in both your personal and social spheres can influence your overall health and well-being.

Key Takeaways:

- Lifestyle behaviors are under your control and can have a major impact on your personal health and wellness.
- The decisions that you make for yourself have a major impact on your overall health and wellness.

Choosing A Healthy Lifestyle



While many factors affecting wellness aren't in your control, lifestyle behaviors are. **Lifestyle behaviors** are everyday activities or decisions you make that result from your individual values and beliefs. The behaviors that you exhibit can also be a result from your world around you—you may choose to do something a certain way because someone close to you does it that way.

It's easy enough to understand that if you make healthy decisions about things like fitness and nutrition, you'll ultimately lead a healthier lifestyle. While your overall health and wellness have several factors, some of which are completely out of your control, there are still things you can do for yourself to promote wellness. The choices you make each day regarding eating healthy, being active, avoiding tobacco, alcohol, and drugs, getting enough sleep, forming healthy relationships, and managing stress all have a major impact on your overall health and well-being.

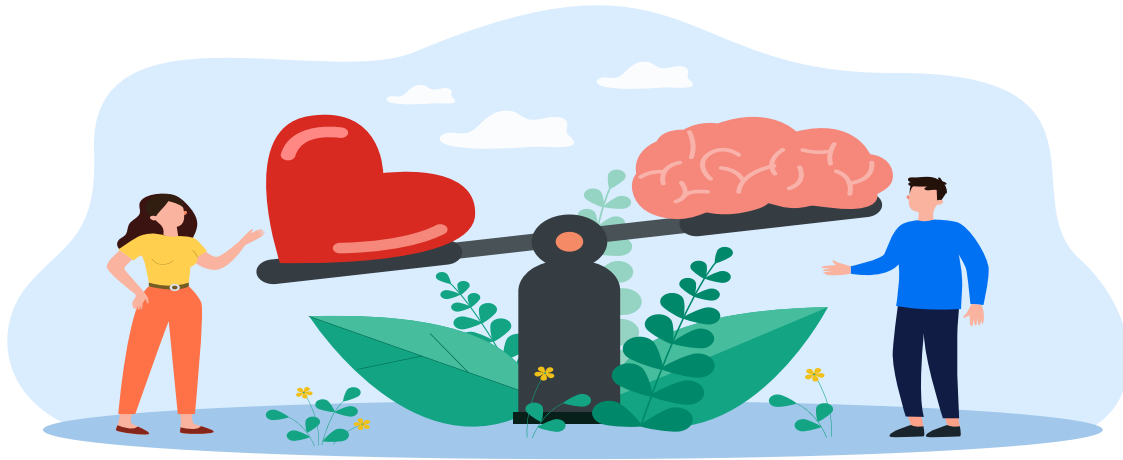
The truth is, when it comes to health, everyone is different. No two bodies and no two situations are the same. Websites and magazines can give you lists on what it means to live a “truly” healthy lifestyle—don’t eat red meat, get no less than eight hours of sleep per day—but these criteria aren’t always applicable to everyone’s daily lives. To really be able to promote your own health and wellness, you have to understand how your circumstances may be similar or different from the norm and use your own skills and instinct to make decisions to adapt to it. Throughout this course, you’ll explore several healthy behaviors and learn more about how you can apply these behaviors as part of your daily lifestyle.

✔ Quick Check

Which of the following is a lifestyle behavior or a wellness factor that’s within your control?

- What to have for dinner
- The area you live in
- Your salary

Good Decision-Making Skills



It's not always as simple as yes or no. Some decisions are easy, and some may take a little longer to think about. Regardless of how big of a decision it is or what the circumstances around it are, the ability to make good decisions is a skill that will not only affect your personal wellness but can have positive ripple effects on your daily life.

Whether you realize it or not, your day is full of decisions. Most of them are straightforward and don't require much time or thought. Some situations might be more complicated or cause longer-term impacts. In some decisions, even the surest people can feel hesitant. This indecision can have a significant impact on how you're feeling, which can have a ripple effect in other aspects and factors that are affecting your wellness.

You may not always be able to perfectly predict the outcome of every decision you're facing, but having some strategies on how to get through the tough decisions can help ensure that you're making the right one.

Try to Keep Calm

Stress and anxiety can make it hard to clearly see the choices in front of you. If you're feeling anxious, you might rush your decision without really thinking it through. You may even avoid having to make the decision all together so you don't have to deal with the negative emotions. If you're feeling stressed about something, try taking time out to calm yourself and clear your mind. Do an activity that calms you and can help clear your mind.

Weigh the Pros and Cons

Each decision can affect you in both good and bad ways. To find the best solution, sometimes it's easier to see it all written down and measured. Making a pros and cons list for each course of action can allow you to compare them and visualize the results. Sometimes seeing the cons can make you realize that they're not as bad as you imagined them in your mind. Seeing the pros might make the decision clearer.

Give It Time (When Possible)

Having to make decisions under pressure is much harder. Sometimes, your first decision isn't always your best one. If you have the time, give yourself the chance to think on the problem for a little while. Giving yourself more time to clearly think through the situation can help you

really consider your options. You'll also feel more confident about whatever you ultimately decide.

Make sure you're also giving yourself time to really consider all the possibilities and look at the problem from every angle. Each decision not only comes with a pro and con, but also consequences. Try to prepare yourself for outcomes that may not always be obvious so you can overcome them if need be.

Remember Your Goals and Values

Only you know what's truly important to you, and it's up to you to reflect those values in your life. Your overall wellness depends on being true to yourself and confident in your decisions. If you stick to what you know and care about, any tough decision can be made more obvious. At the very least, being true to yourself can lead to an outcome that will make you feel fulfilled.

Don't Keep It to Yourself

Even if your decision only affects you, it sometimes helps to get the opinions from people you trust and who know you. Just as writing down pros and cons can help you "see" the answer, sometimes talking about the problem out loud can help you "hear" it. You can get support and ask advice from those who have been in similar situations. Even just having someone to listen can be helpful sometimes.

Don't Be Afraid to Rethink

Not everything is set in stone. A lot of the time, the decisions that you face are for situations that are evolving or revolving around something else. You can make one decision today and change your mind about it tomorrow. Being open and adaptable to change is a valuable skill that can help you in many ways, but especially when it comes to making decisions.

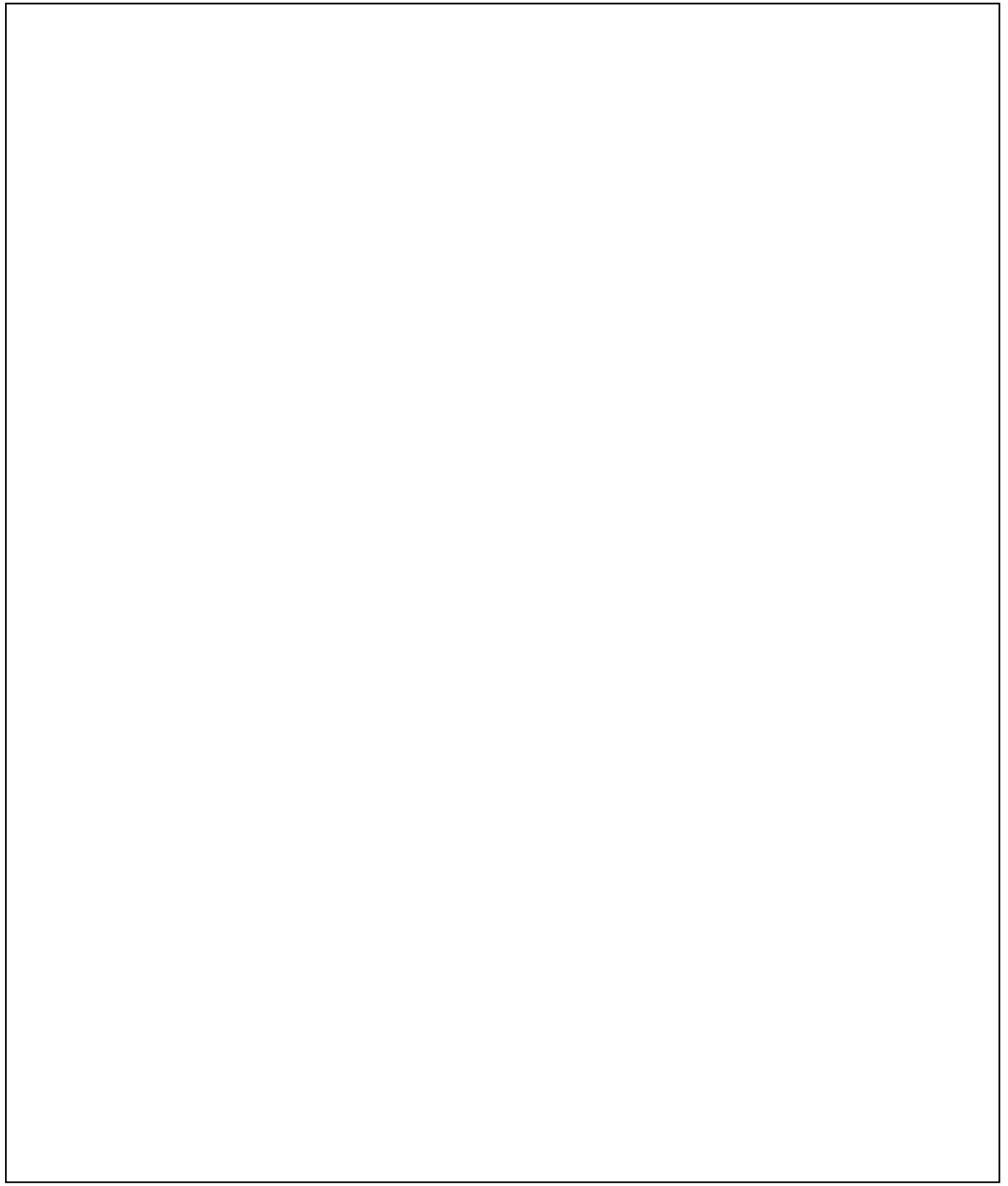
✔ Quick Check

When you have to make a big decision, which of the following is best to do first?

Make a pros and cons list.

Try to keep calm.

Get advice from a friend.



8. Practice: Factors Affecting Health and Wellness

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Section 3: The Impact of Stress on Health and Wellness



This content focuses on the types of stress, how the body responds to stressful situations, and common types of stress that you may experience in life. Not all stress is necessarily bad. Understanding the positive and negative effects of stress can help you better identify stress that may be affecting your wellness.

Understanding Stress

When you hear the word stress, you may think it always has a negative impact on health and wellness. Although stress can be negative, there are good types of stress as well.

Key Takeaways:

- Stress is the emotional and physical response you experience in response to a situation. Your body responds to stress through a Fight or Flight response.
 - Stress can be acute, episodic, or chronic.
 - Stress can be both positive and negative.
-

Stress and Your Body



When you hear the word stress, what comes to mind? Perhaps you think about the feeling you get right before you take a big test you've been studying for. Maybe you think of how you feel when your car is out of gas and you're already running late. Perhaps you think about a time when a loved one was sick and you did not know if they would recover. All of these scenarios are examples of situations that may cause your body to experience stress.

Experiencing Stress

The National Institute of Health defines stress as the emotional and physical responses an individual experiences in response to a situation or a change in life. More commonly, stress is considered the experience of emotional strain when you're feeling overwhelmed.

Stress is a normal part of life that everybody experiences, and it's an important part of development. The stress you experience can be from major changes in life, like trying to find a new job. It's also possible to feel stressed over something you'd otherwise think doesn't matter that much, like what to cook for dinner every day. No matter the situation, having ongoing, uncontrolled stress can negatively impact your physical and mental health.

Fight or Flight Response

When you encounter a new or frightening situation, your body launches a stress response that’s commonly known as **fight or flight**. Fight or flight is an automatic reaction from your sympathetic nervous system. It’s exactly as it’s named: your body is preparing itself to fight or flee in reaction. It’s a natural reaction that your body has to increase your chance of survival in threatening situations, both physical and emotional. During the stress response, your heart rate and blood pressure increase and the body releases chemicals called hormones. The two main hormones released during the stress response are cortisol and adrenaline. In the body, these hormones cause the following reactions to occur in various body systems:

Body System	Physiological effect	Consequence
Heart	The feeling of a racing heartbeat Dilated coronary blood vessels	More blood flow More oxygen and energy to the heart
Circulation	Dilation of blood vessels for muscles Constriction of blood vessels for digestion	More oxygen to muscles Less blood to other systems
Lungs	Dilation of tubes to the lungs Increased respiration rate	More oxygen in blood
Liver	Increased conversion of glycogen to glucose	More energy created for muscles
Skin	Skin becomes pale or flushed as blood flow is reduced	More blood flow to muscles and away from non-essential parts of the body
Eyes	Dilation of the pupils	Allows in more light so that it’s easier to see your surroundings

Your body also goes through a number of psychological reactions during a fight or flight response. Your thoughts will quicken, and you may feel more focused and pay attention to the source of the threat and potential avenues for escape.

External Reference(<https://www.youtube.com/embed/9Hto1HeMrYQ?wmode=opaque>).

Understanding Stress

In this video, you'll learn what stress is and how your body responds to stress.

Length: 2 minutes 35 seconds

The changes that occur in your body during the stress response play an important role in preparing you to handle a dangerous or stressful situation. While the descriptions above make it seem like fight or flight happens only in more dire circumstances, it's often a common response to everyday stresses you may encounter. This is true of both physical stressors, but also emotional ones.

Have you ever been nervous about a test you didn't feel prepared to take or a task you didn't want to finish? You may feel yourself getting anxious when thinking of a future situation you're not prepared for, and your first instinct might be to skip the test or avoid the task altogether. This is a very mild example of a flight response.

Have you ever had a fight with a friend and your first reaction was to get defensive and fight back without really thinking about how you're acting? This is an example of the fight response in a social situation.

✔ Quick Check

Which of the following sentences is true?

The fight or flight response will only ever occur in physically dangerous situations.

The fight or flight response can occur for any situation in which you feel threatened physically or emotionally.

Types of Stress



There are many types of stress, but there are generally thought to be three primary types:

1. Acute stress
2. Episodic acute stress
3. Chronic stress

Acute Stress

Acute stress is your body's response to a new situation or challenge. It's short-term stress. Usually there's a spike of anxiety, but emotions and the body should return to a normal state relatively soon. An example of acute stress would be the feeling you get from an approaching deadline. Another example would be if you stepped off the curb too soon and narrowly avoided an accident with a car. The situation arrives and passes relatively quickly once the stress is realized and finished.

Although acute stress may only last for a short period of time, there are symptoms that can affect health and well-being in that time.

Some symptoms of acute stress include:

- **Pupil dilation.** As you learned with the fight or flight response, the pupils dilate to let more light in to increase visibility.
- **Racing heartbeat.** This is another fight or flight response, which can feel like your heart is in overdrive.
- **Sweating.** Experiencing stress can cause the body's normal temperature to rise, which causes more sweating to try to cool down again.
- **Fast and heavy breathing.** This is another fight or flight response, as your body is preparing to fight or flee, and it needs to gather as much oxygen to the blood and muscles as it can.
- **Emotional ups and downs.** During a stress reaction, you may have a hard time controlling your emotions.
- **Poor sleep.** Anxiety is one of the most common causes of sleep disturbances because of the hormones released during the fight or flight response. It's hard to relax and shut down when you're filled with adrenaline.

- **Poor concentration.** The hormones and chemicals released during the fight or flight response are also the cause of poor concentration. These chemicals are telling your brain to focus on the danger, so it can be hard to think of much else.

Episodic Acute Stress

Acute stress can happen on a frequent basis. If you're suffering from this kind of stress, it may feel like you're just moving from one crisis to another. This is called **episodic acute stress**. You may experience this if you have back-to-back tight deadlines or work in a high-stress profession or environment. With episodic acute stress, it's hard to return to a calm state.

Because of this, the effects of episodic acute stress can trigger the following symptoms:

- **Muscle tension.** Your muscles can hold stress. During fight or flight, your muscles tighten to prepare your body to guard against physical injury and pain. When your muscles don't get a chance to relax, that tightness can turn into a painful tension.
- **Poor concentration.** A lack of concentration is even worse than with acute stress. You may notice a greater difficulty with memory or recall.
- **Feeling overwhelmed.** You may feel like you're not able to cope or imagine solutions to your stress.
- **Uncontrolled emotions.** This is also amplified from the emotional roller-coaster you may feel with acute stress. You may be quick to anger and be more irritable with everything around you.
- **Headaches.** This is a consequence of muscle tension.
- **Hypertension.** Having your heart work overtime for too long can lead to high blood pressure.

Chronic Stress

Chronic stress happens when stressors continue for a long period of time. This type of stress may feel never-ending, with no solutions in sight. An example of chronic stress can be feeling trapped in a bad relationship with a significant other. The stress is constantly present and calm states can feel impossible.

The symptoms of chronic stress are much the same as with the other types of stress, but they're more detrimental to overall well-being:

- **Weight gain.** This is often a result of "stress eating" or using food to comfort yourself about bad situations. This can also be caused by long-term imbalances of hormones.
- **Memory, digestion, and immunity issues.** The long-term effects of high levels of adrenaline and cortisol can severely impair memory and digestive processes in the body. The body may also try to suppress the immune system to try to overcurrent for the imbalance.
- **Insomnia.** This is an increased effect from acute stress. At this level, falling and staying asleep seems impossible.
- **Panic attacks.** This is the sudden and frequent onset of fear and anxiety, which includes all the symptoms of acute stress.
- **Feelings of helplessness.** Because the body is in overdrive, it may seem impossible to think of solutions to improve the situation or help yourself.
- **Chronic headaches or migraines.** Constantly tensed muscles can cause frequently occurring tension headaches or migraines.
- **Emotional fatigue.** When your body isn't getting rest, neither is your brain.

✔ Quick Check

Molly works as a paralegal. She works constantly from 9 AM to 5 PM with few breaks. What kind of stress might Molly experience due to her work?

Acute

Episodic acute

Chronic

Good and Bad Stress



With everything you now know about stress, it's easy to assume that all stress is bad stress. That's not entirely true, though. The same kind of feelings that bad stress causes on the body can be present in good situations, too. **Eustress**, or good stress, is the stress you experience related to positive events, such as starting a new job, participating in an athletic event, learning a new hobby, or going on a trip. Think about it this way: When you get excited about something, don't you get much of the same feelings as you might when reacting to a bad situation? If you win an award or get happy news, can't you feel your pulse quickening and your lungs pumping?

When you're exposed to positive stress, you may experience feelings of excitement and motivation, an increase in focus, and improvements in your performance. Working through situations that cause positive stress can help strengthen your stress response system, as you learn new skills, develop self-confidence in your ability to handle the stressful situation, and accomplish challenging goals.

The types of bad stress you've been studying so far can also be called **distress**. Distress can have a negative impact on your health and well-being, especially when the stress occurs frequently or over an extended period. When your body's stress response is repeatedly activated, it leads to a prolonged exposure to high levels of stress hormones, which is called **toxic stress**. Toxic stress can negatively impact the cardiovascular, metabolic, and immune system, putting you at increased risk for getting sick and developing health problems later in life. In addition to toxic stress having an impact on your physical health, it can also cause you to feel overwhelmed, anxious, and mentally exhausted.

✔ Quick Check

Sheila earned a promotion. She called her mom with the good news and said she was so excited that it took her breath away. What kind of stress is this?

Eustress

Distress

Toxic stress

The Impact of Stress on Your Wellness



As you've learned, stress is a part of everyday life. Whether it's good or bad stress, there's the potential to encounter stress in every area of your life. In this part of your studies, you'll look at some specific examples of academic stress, financial stress, and occupational stress. The COVID-19 pandemic likely also resulted in new sources of stress you may not have faced before. Consider these examples and how they might have an impact on someone's health and well-being. Ask yourself if any of these stressors are present in your life. If they are, know that you're not the only one dealing with these issues.

Key Takeaways

- Academic stress is stress related to school and learning, such as keeping up with classwork and making good grades.
- Financial stress is stress related to money, which many individuals experience at some point in their life.
- Occupational stress is stress related to your career, your job, and interactions with your supervisor and colleagues.
- COVID-19 resulted in new stressors for many people, such as disruptions to routines, isolation from loved ones, and economic instability.

Academic/ Intellectual Stress

Academic stress is the body's response to school-related demands or responsibilities that may be overwhelming. Schooling is a big part of life, and your academic performance can play a key role in deciding the next stages of your education or career. That can cause a lot of pressure and stress.

Common academic stressors include:

- Hard academic classes
- Balancing assignments or coursework with other courses or activities from everyday life
- Studying for upcoming tests

- Feeling pressure to achieve high grades
- Difficulty communicating with your instructors or peers
- Pressure to balance time between studies, family, friends, and work

Student Stress 101

To learn more about academic stress, read Student Stress 101,[\(https://jedfoundation.org/resource/understanding-academic-stress/\)](https://jedfoundation.org/resource/understanding-academic-stress/). This article talks more about the burden academic stress can put on students and how to recognize those pressures.

Think about what kind of academic stress may be present in your life. How do you cope with these stressors? Consider how these things make you feel and what you do to make yourself feel better. Later, you'll be able to use these notes to help you start building a personal wellness plan. Save these ideas for later.

Financial Stress



Stress related to money is something most individuals experience at some point in their life. **Financial stress** is the emotional tension that specifically relates to money.

Common stresses related to money include:

- Unexpected expenses, such as a car needing repair or a broken cell phone
- Concern about earning enough money for necessities, such as groceries, rent, and gas
- Sudden loss of job resulting in a loss of income
- Rising prices in the economy making everyday living more expensive
- Lack of a budget resulting in uncertainty about current financial status

Financial Stress: How to Cope

For more information on financial stress, read Financial Stress: How to Cope(<https://www.verywellmind.com/understanding-and-preventing-financial-stress-3144546#:~:text=Financial%20stress%20is%20emotional%20tension,the%20bills%2C%20and%20buying%20groceries.>). The article outlines how financial stress can impact your health and offers some solutions or tips on how to ease worries around money.

Do you ever feel any kind of tension when it comes to money? Identify those specific feelings. Write them down. Add notes on how you handle this stress and what you may do to overcome these obstacles.

Occupational Stress

Occupational stress is the tension or anxiety that arises from employee experiences due to the responsibilities, conditions, environment, and other pressures in the workplace.

Stress related to your job or career can arise from several sources, including:

- Demanding workload and feeling you have too much work to complete with unrealistic deadlines
- Conflict or difficulty communicating with your supervisor or colleagues
- Long work hours resulting in a loss of work-life balance
- Feeling unappreciated or underpaid for the work you do
- Not finding the work to be motivating or rewarding, leaving you feeling bored and unfulfilled in your job
- Changes within the organization leading to feelings of insecurity about your position
- Poor management, such as a supervisor that micro-manages your work, sets unclear expectations, doesn't support you in your position, or frequently criticizes your work

STRESS...At Work

For more information about occupational stress, or job stress, refer to STRESS...At Work(<https://www.cdc.gov/niosh/docs/99-101/default.html>). This article from the CDC outlines common causes of job stress, how it can affect your health, and what can be done to prevent stress at work.

Do you feel stress at your job? Do you often go home and find that you worry about work during your leisure time? Note any feelings you might have when you're thinking about your job.

✔ Quick Check

Juan works part-time and takes online classes. He handles his work tasks pretty easy. He has a hard time keeping up with school. Juan has _____.

academic stress

financial stress

occupational stress

Understanding common sources of stress can help you be proactive in installing practices to help you manage the stress or prevent it from occurring. For example, if you know a course in school is going to be challenging, you can put time management strategies in place to schedule time for coursework and studying. Similarly, if you know money is a frequent source of stress, you can work on creating and maintaining a budget. As a reminder, any source of chronic, uncontrolled stress in your life can have negative impacts on health and well-being. As you continue throughout the course, be mindful of what sources of stress you're currently experiencing in your life and how you feel they're impacting your well-being.

Stress and COVID-19

With the onset of the COVID-19 pandemic, you likely experienced new sources of stress you haven't faced before. In addition to concerns related to the health and wellbeing of yourself, family, and friends, COVID-19 resulted in disruptions to routines, isolation from loved ones, and economic instability for many families. The Center for Disease Control and Prevention has identified multiple ways the COVID-19 pandemic impacted the social, emotional, and mental well-being of youth. Examples of stress related to COVID-19 that you may have experienced during the pandemic include:

- Physical and social distancing resulting in a long separation from family, friends, and neighbors
- School closures causing a sudden change to daily routines and leading to new kinds of academic stress
- Experiencing the loss of a loved one related to COVID-19
- Experiencing loss of employment, leading to added financial stress and food insecurity
- Missing routine healthcare appointments, such as annual physical exams, dental and eye appointments, or counseling sessions
- Having to cancel important events and activities, such as birthdays, athletic events, and vacations

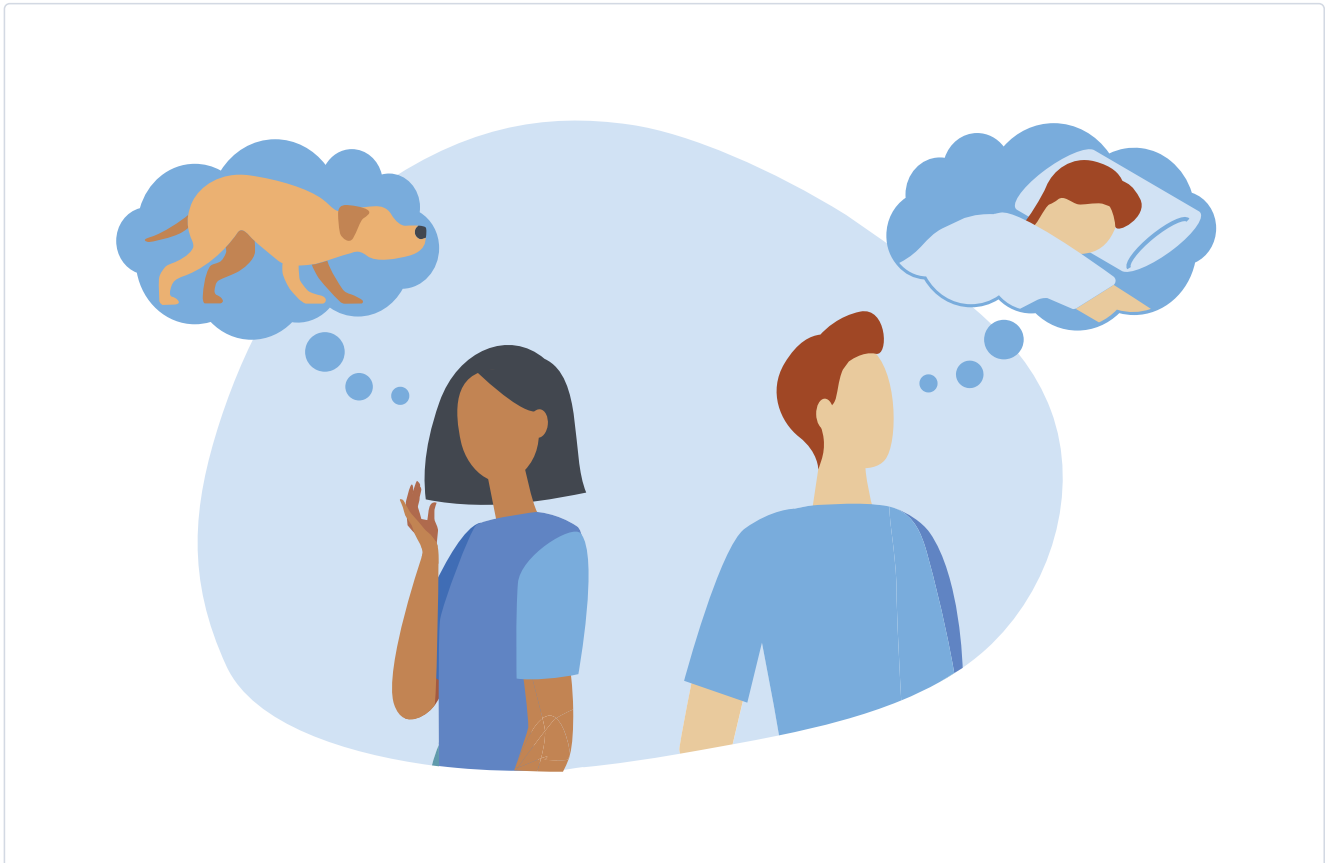
11. Survey: Reflecting on Your Stress

<https://courses.portal2learn.com/d2l/common/dialogs/quickLink/quickLink.d2l?ou=27273&type=survey&rCode=ashworth-595352>

12. Practice: Understanding Stress

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Section 4: Maintaining and Enhancing Health and Wellness



Now, you'll explore concepts that can help you maintain and enhance your health and well-being, such as creating work-life balance, understanding the hierarchy of needs, and setting S.M.A.R.T. goals. You'll start an activity that will continue throughout the rest of your course. You'll take everything you've learned so far and start to apply some of these concepts to your own situation. In doing so, you'll be able to better understand and analyze your overall health and wellness. You can then clearly see what areas you're excelling in and what areas may need some additional coping strategies. You'll be able to take this wellness with you throughout your academic studies and adjust as necessary to help you manage your wellness throughout the rest of your program and beyond.

Maintain and Enhancing Health and Wellness

Creating work-life balance, understanding the hierarchy of needs and what motivates you, and setting S.M.A.R.T. goals are all beginning steps you can take to enhance your personal health and wellness.

Key Takeaways:

- Creating work-life balance involves devoting enough time to your job and your personal life to feel fulfilled in both areas.
- The hierarchy of needs is a theory used to explain what motivates individuals.
- Social, physical, and mental health and wellness are all interconnected to each other.
- Setting S.M.A.R.T. goals can help you have a clear plan of action for accomplishing your goals.

Work-Life Balance



You've likely heard someone talk about work-life balance before, but have you ever given thought to what it means or how you can accomplish balance in your own life? **Work-life balance** refers to the balance between the amount of time and energy you devote to your work (being academic work or your career) and the amount of time you devote to your personal life. If your work-life balance is tilted to one side or another, you'll probably be feeling stress from the side that's being outweighed by the other. Spend too much time working, and your social health can suffer. Similarly, if you spend too much time with family and friends and participating in activities you enjoy, your grades or job performance can decline.

Creating work-life balance doesn't mean that you spend 50% of your time at work and 50% of your time devoted to your personal life. Finding balance means devoting an appropriate amount of time to each area, which allows you to feel fulfilled both in your career and in your personal life. As you move through seasons of life, priorities may change, and your work-life balance may change as well. This is something you need to be aware of and adjust to continually.

Steps you can take to help create balance in your own life include:

- ☐ **Identify Your Priorities.**Take time to identify what's important to you both in your career and in your personal life. Once you identify what your priorities are, you can determine which activities you're currently doing that support your priorities and which activities don't.
- ☐ **Time Management.** Now that you've identified your priorities, determine if you're spending too much time on activities that aren't in line with what's important to you. Are these activities causing you to feel off balance? Should these activities be removed from your schedule? When scheduling activities in the future, be mindful of how the activity aligns with your priorities and the time you can devote to it. Committing to too many activities, especially those which don't align with your priorities, can increase your level of stress and leave you feeling overwhelmed.
- ☐ **Set Boundaries.** If you don't have the time needed to devote to an activity, recognize that it's okay to say no. Be honest with yourself and others regarding the time you have available to devote to a task. If you don't have the time and the activity isn't in line with your priorities, consider saying no.
- ☐ **Practice Self-Care.**Taking time for yourself is an important aspect of wellness. When you're creating your schedule, make sure you're allowing time for yourself to participate in activities you enjoy. Take time to relax, spend time with friends, and enjoy the outdoors. Devoting time for yourself is an important aspect of maintaining a positive work-life balance.

You'll look at these ideas in more detail later in your course, as well as some methods or techniques to help you achieve a good work-life balance and cope with stress. For now, just be aware of these concepts.

✔ Quick Check

Tonya is a student who loves to compete in ice skating. She spends most of her time skating, but this made her miss homework assignments and her grades have slipped.

Tonya has a good work-life balance.

Tonya has a poor work-life balance.

Hierarchy of Needs

What motivates you to work hard and achieve your goals? The question of what motivates human behavior is a topic that has been researched in-depth in the field of psychology. In the 1970s, psychologist Abraham Maslow proposed a theory that human behavior is motivated by a hierarchy of needs. Maslow suggested that individuals must first meet basic needs required for survival, such as food, water, and sleep, before they're concerned with more advanced needs such as love and belonging. This theory is often visualized as a pyramid, with basic

needs as the foundation at the bottom and all other needs building on top of that in order of importance. Following the hierarchy of needs, the theory suggests that each level of needs must be met before an individual is motivated by needs at the next level of the pyramid.

The five levels of needs identified by Maslow are:

1. Physiological Needs – Basic survival needs
2. Safety Needs – Protection, security, health
3. Love and Belonging Needs – Relationships
4. Esteem Needs – Respect for self and others
5. Self-Actualization – To be the best you can be



Maslow's Hierarchy of Needs

This theory has been widely debated. The idea behind the theory is that you must build the foundation of each category of needs before you can progress any further to the other aspects of the pyramid. However, people are often motivated by more than one thing at a time and are often capable of handling multiple levels at the same time. In any case, the theory lays a framework for understanding human motivation. You can use your understanding of the hierarchy of needs when assessing your level of motivation in each dimension of wellness.

✓ Quick Check

According to Maslow, water and food are the _____ important needs a person has.

most

least

Setting S.M.A.R.T. Goals

As you work to improve your overall well-being, it's important to take responsibility for the choices and decisions you make that can impact your health and wellness. You learned about making good decisions and the skills it entails earlier. Goal setting is another technique you can use to help inform those decisions.

S.M.A.R.T. is a method of goal-setting that helps you add more structure to your goal and create an action plan on how to achieve that goal. Watch this video to learn what each part of the acronym S.M.A.R.T. stands for and how you can construct an efficient and effective goal.

External Reference(<https://courses.portal2learn.com/d2l/common/dialogs/quickLink/quickLink.d2l?ou=27273&type=Iti&rCode=ashworth-592950>)

Download transcript(this link opens in a new window/tab)
(http://lessons.pennfoster.com/savi/transcripts/VID00446_T.pdf).

🔍 Quick Check

Which of these is the best example of a good S.M.A.R.T. goal?

I will complete all of my school assignments this week.

I will be better at being on time for work by leaving the house 20 minutes earlier.

I will lose 20 pounds in one week.



Developing a Personal Wellness Plan

Now that you understand the dimensions of wellness, different aspects and areas of stress, and S.M.A.R.T goal setting, you're going to develop a personal wellness plan. You'll start by assessing your level of wellness in each dimension. You'll then set a S.M.A.R.T. goal in one or more dimensions of wellness you want to focus on improving as you continue through your course. As you progress through your program, you'll continue to build and reflect on the wellness plan you develop here and adapt it as your situation changes to help you achieve your wellness goals.

Key Takeaways:

- A wellness plan is an individualized guide to help you improve your overall health and well-being.
- Developing a personal wellness plan includes assessing your level of wellness in each dimension, setting S.M.A.R.T. goals for improvement, and tracking progress toward your goals.

Personal Wellness Plan

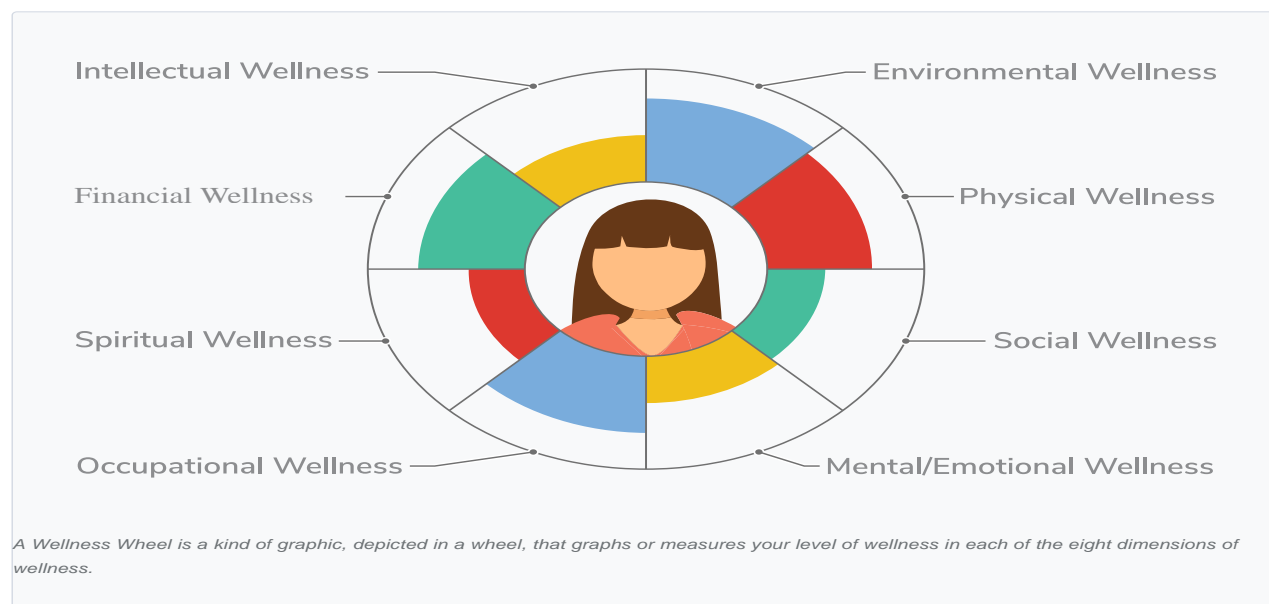
A **personal wellness plan** is an individualized road map of steps you can take to improve your health and well-being in each of the eight dimensions of wellness. It's important to note that a personal wellness plan is just that: personal to you. Since everyone is unique, with different strengths, weaknesses, personal values, and goals, the wellness plan you develop will be specific to your needs and areas of desired growth. Taking time to develop a wellness plan, reflect on progress, regularly update goals, and determine next steps can help keep you moving forward on the path to wellness.

Starting Your Personal Wellness Plan

There's no one "right" way to start to develop your own personal wellness plan. Since this is about your wellness and what you want to focus on, what your plan measures and looks like is completely up to you! However, such open possibilities may be overwhelming. As a starting point, you can use this Personal Wellness Plan Workbook built for this course. Alternatively, you can do an internet search for different types of wellness plan templates that may be more appealing to your specific situation.

Download your Personal Wellness Plan workbook now.
(<http://lessons.pennfoster.com/pdf/SP1922.pdf>)

The first step in creating a personal wellness plan is to assess your personal level of fulfillment in each dimension of wellness. Take time to reflect on each dimension separately. What are you doing to support your wellness in the dimension and how can you improve? Using the guided questions included in the sample wellness plan can help you think through opportunities for growth in each area. If you were to give yourself a score in each dimension, what would it be? If the score is low, what changes do you need to make to improve? If the score is high, how can you keep it at that level? How do your scores across all eight dimensions compare? It can be helpful to chart your scores on a bar graph or wellness wheel to allow you to easily compare your level of wellness across all eight dimensions.



Now that you've identified your personal level of wellness in each dimension, consider what actions you can take to improve your overall health and well-being. You may decide to start by focusing on just a few areas of wellness, or you may choose to aim for growth in each dimension. Using the skills you learned so far, write S.M.A.R.T. goals to provide you with clear direction on the steps you need to take for improvement. Consider developing a system to track your progress on each goal you set. This can be as simple as a checkmark on a calendar for each step you take or more complex with specific activities charted out for each day of the week. Developing new habits and routines can be challenging, so having clearly defined goals and tracking your progress along the way can help ensure you keep moving forward.

Are you ready to start on your own personal wellness adventure? Remember, this is your personal journey and you're in charge of the goals you set and steps you take to improve your health and well-being.

Review

Health

A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity

Heredity

The genes you inherited from your family resulting in the characteristics and traits you have

Stress

The emotional and physical responses an individual experiences in response to a situation or a change in life

Eustress

Good stress related to positive life events

Distress

Bad stress that can have a negative impact on health and well-being

Work-Life Balance

The balance between the amount of time and energy you devote to your work and the amount of time you devote to your personal life and the resulting feelings of fulfillment you experience in each area

Hierarchy of Needs

Theory that human behavior is motivated by a hierarchy of needs and that basic needs must be met before more advanced needs are considered

15. Practice: Maintain and Enhancing Health and Wellness

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16. Review

<https://courses.portal2learn.comd2l:brightspace:content:us-east-1:1351421d-1840-4a1c-8089-3b27e80640ca:scorm:b09e2bf8-705c-4d93-adb0-973378aeaca8/latest>

Preparing for Your First Exam

If you've read and completed all of the assignments in this unit, you are ready to take your first exam!

If you are not sure of the right answer when taking the exam, you can go back to the lesson to find it. You have as much time as you need to complete exams, so don't rush.

You have **two** chances to pass an exam. If you don't pass your exam the first time, that's okay! Study the concepts you didn't do so well on, and try again. Only the highest score will count toward your grade.

Watch this video to learn more about taking your exams and viewing the results:

External Reference(<https://courses.portal2learn.com/d2l/common/dialogs/quickLink/quickLink.d2l?ou=26954&type=lti&rCode=ashworth-595876>)

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Select each item to learn helpful tips about taking Penn Foster assessments:

☐ Exam Preparation

These suggestions can help you prepare to take an exam:

- Review the quick checks and practice exercises in each section. If you have trouble with those questions, review the topic before taking an exam.
- Review any notes you took while completing your coursework often as you get ready for your exam.
- Use the flashcards in the Review sections to help you better remember and recall concepts.
- Ask your instructor before beginning the exam if you have any questions about the material or the testing process.

- Get enough sleep the night before an exam. Eat well. Test in a calm environment.

☐ Strategies for Answering Exam Questions

These suggestions can help you while taking your exam:

- Look for keywords in questions and multiple-choice answer options. They often provide a clue to the best answer.
- Carefully read every answer option; do **not** quickly choose the first answer that sounds correct without reading the rest!
- Answer questions that you're confident about first.
- Watch for words such as *not*, *never*, and *best describes* or *most correct* in the questions.
- Watch for words such as *always*, *every*, and *never* in answer options.

Academic Integrity

This exam is the first graded assignment in your program. It's important that you take the exam yourself, that your answers are your own, and that you use your own notes and the knowledge you gained from this unit. These are all tenets of academic integrity. Academic integrity is important not only as you complete this program, but for any further education, in your work life, and beyond.

To learn more about why academic integrity is important, watch this video featuring Penn Foster's Director of Academic Policy.

External Reference(<https://courses.portal2learn.com/d2l/common/dialogs/quickLink/quickLink.d2l?ou=26954&type=lti&rCode=ashworth-592987>)

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